

wellness in a crazy world.

BEDTIME HEALING TURMERIC GINGER TEA | RECIPE

This Bedtime Healing Turmeric Ginger Tea is full of the wonderful anti-inflammatory and antioxidant properties of turmeric and ginger. This tea is healing and restorative and helps aide with digestion from your last meal. But also for me it's my cure for my sugar craving that usually starts creeping around at this time of night.

It's so super simple and easy to make. Like for real simple, not like I'm a super-chef and it only has 23 ingredients kind of 'simple'. It has two ingredients, turmeric and ginger. But feel free to add anything else if you're feeling *fancy*!

INGREDIENTS

- 1 Tsp. ground turmeric (or 1/4" thinly sliced fresh turmeric)
- 1/2" grated fresh ginger (or ¼ tsp. of ground ginger)
- Boiling water

OPTIONAL:

Add honey, maple syrup, monk fruit, or stevia for some sweet.

Add a sprinkle of cinnamon or ground cardamom for a bit more depth in flavor.

INSTRUCTIONS

Add ingredients to a cup of boiled water. Steep for 5 minutes. And enjoy!
Strain ginger if needed or used thinly sliced ginger or tea infuser if preferred.